



Trekking in the Himalayas – Tips for Beginners

Trekking in the Himalayas is an addictive experience. But, all first-time trekkers about to embark on their first journey are combating nerves while controlling the euphoric anticipation of the Great Big Adventure! So tie your shoes, young guns and let's prepare to tackle the literal mountain with these essential tips!

1

Choosing a Place

Whatever your motivation for selecting a trek, not being too ambitious and enthusiastic about your abilities is very important. Choose a beginner level trek for which you are fit and also fits in within your timelines. Many people choose a much harder trek as a beginner, which they regret while doing it.

2

Do your research on the trek

The study of the trek is fundamental when you are planning a trek. Reading right articles over the Internet and books about the trek will help you prepare well for your trek. Never rely on someone's advice without properly knowing his/her background and how experienced they are in trekking in the Himalayas.

3

Choosing a Guide

You would need experienced guides in the mountains who can save you in case of an emergency. Some people consider themselves professionals just after doing a few treks. Best is to avoid such guides. Locals or guides will be your best friends and literal saviors in need of an hour.

4

Keep Buffer Days

While making the itinerary, ensure you keep a buffer of a couple of days. Things don't move to your plan. Nature's plan will always take precedence. Adverse weather conditions, getting hit by a bad case of AMS, not being able to meet your daily targets are all real challenges.

5

Choose your travel buddies aptly

Going in groups will ensure having a helping hand along with the added advantage of companionship. Having solace all around you will not be disturbed by your gang, who will most likely be zen-ed out as you would be!

6

Physical Training

Many people don't take trekking seriously and go unprepared. Train your legs with exercises like squats, lunges, and running. Cardio is also a vital gradient, as you'll be climbing, moving, walking, and occasionally for a majority of your day. Ensure your form is excellent, especially for your back and core.

7

Mental Preparation

Hiking is more of a mental challenge than a physical one. Know that you will be tired, sore, and in pain at various points during the trek. Also, know that this is part of the fun. Another essential thing to remember is the original living conditions with limited necessities available.

8

Pack appropriately for trekking

Don't overload your backpack. Buy a suitable pair of trekking shoes, preferably with ankle support. Wool and fleece are great options to layer up. Trekking pole acts as your third leg and provides constant support to you by giving extra balance. Also, carry an essential medicines kit based on your requirement.

9

Miscellaneous

A pocket knife, flashlights with extra batteries, waterproof matches/lighter, some navigation tools, biodegradable toilet paper! Carry sunscreen and water bottles also with you always. Lastly, don't forget to carry the necessary permits and ID cards and some cash.

10

Inform your family of your itinerary

Inform your family/ friends of your plan before you head out and ensure they're aware of lack of connectivity. It is natural for the loved ones to worry when you're not around and are not reachable, so ensure that you make them feel comfortable about your adventures. It is one thing to be an adventurous soul, but, you shouldn't unnecessarily trouble your loved ones.

11

During the Trek

Don't overdo or over-exert. Always help your fellow trekkers. Be a friendly chap and take everyone along. Carry a garbage bag with you and fill it up with all your waste. Bring it back to be disposed of properly. Don't purchase water bottles, fill up the ones you're carrying.

12

Listen to your body while trekking

It is one thing to know when to push if lethargy is kicking in and another to understand that pushing too hard might lead to severe injuries. There is no harm in taking it slow and to better acclimatize – communicate with your group and guide and keep them informed.

13

Post Trek

Pat yourself on the back. Do make sure to rest your tired body. Even though you'll be running on euphoria, it is mandatory to relax and unwind. Go through the millions of pictures; your gang took to enjoy and reminisce! Start planning your next one!

Himalayan Travel Tips

- Have Buffer Days
- Stay Warm & Hydrated
- Avoid Alcohol
- Carry Required Clothing, Food & Water
- Drive with Caution & Care
- Start Early, Sleep Early



#SaveOurHimalayas

- Spread Smiles Not Plastic
- Stop Littering
- Bring Back Your Own Trash
- Avoid Plastic Water Bottles